MARATHON RUNNERS SHOW THEIR METTLE

Enzor Closely Follows Instructions Given Him by His Trainers.

CREDIT FOR TIME DUE ELPHINSTONE

Pace Set by Baltimore Lad Makes Winner Quicken His.

Gait.

HOW HE WON

By EMORY B. ENZOR.

My breaking into distance runing was due to conditioning myuntry events to get into general endition, and simply took a hance on the first Marathon held

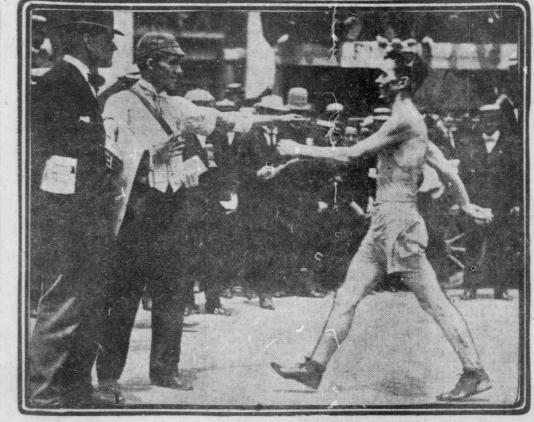
I did regular fraining but made o special preparations for the six miles on the roads three on alternate days, before he races. My other exercise con disted of long walks and stunts in

I were leather shoes, woolen vaseline. At the finish I was tired

was the slightest doubt of an entrant's ability to stand the strain, he was rejected instanter. No arguments or special pleas were heard, much less ac cepted. The physicians may have erred on the side of too great strictness, but they preferred to take chances on shat-



Crossing Tape in The Times-News Intercity Marathon





Washington Y. M. C. A.

T. T. WATSON. Cross Country Club.

tering ambitions to wrecking young lives.

The result of this policy was that a class of athletes faced Starter Joe England. at Laurel, when the pistol was fired at 10 o'clock, amazed even the most optimistic of the wise old owls from both cities. Every man looked fit, and it was a technical question of speed and stride rather than one of endurance which faced those who tried to figure the winners in advance.

True, some of those who finished were the victims of blistered feet and other similar ailments, but these arose almost entirely from a lack of experience. It is a safe proposition that in the coming years the expedients of the non-sufferers will have so percolated through both cities that the number afflicted with troubles on the hoof, so to speak, will be reduced to a negligible minimum.

Washington to the Fore.

of the numerous clubs of "barriers" in England and Ireland, and the cross country clubs in America. Especially in the north of the United States has the popularity of such organizations grown, and the sole reason why they did not rise and flourish in Maryland, the District of Columbia, Virginia, and other States with suitable climates was the lack of an initiative impulse and a constant incestive.

Both have now been supplied by what will undoubtedly be permanent eventable will be permanent eventable will undoubtedly be permanent eventable will be permanent eventable climates was the lack of an initiative impulse and a constant incestive.

Both have now been supplied by what will undoubtedly be permanent eventable will b

exhaustion, and are as spry as spring chickens.

Examination Was Rigid.

Warned by the brutality of many of the amateur "marathon" races held under other auspices. The Times and the News insisted upon a most rigid medical examination, and when there was the slightest doubt of an entrant.

six years. One year ago last April I be In the course of a week I noticed the oiles began to disappear and at the end of six weeks they did not trouble me at all. Cascarets have done wonders for me. I am entirely cured and feel like a new man." George Kryder, Napoleon, O



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LEADERS IN RACE CAREFULLY TRAINED

Contest Gives Washington Prominent Place in Amateur Athletic Events.

BALTIMORE MEN'S SHOWING IS GOOD

Team Victory for Capital Y. M. C. A. the Result of Scientific Training.

HOW THEY FELT

By H. C. ELPHINSTONE. I have long been an enthusiasi

over cross country running, and helped organise the Baltimore Cross Country Club, which I represented in the race. A mile is my best distance, and I have no complaint to make over my showing. I kad considerable trouble with my feet, and they are still sore befrom the sand I picked up, but I knew I had a chance for a good position at the finish and kept plugging away with even less exhaustion than I expected. When I saw Enzor pass me I knew at once I could never overtake him. I went along after that feeling

once I could never overtake him. I went along after that feeling hopeless as to first place, but confidency at it, rushed to the inoffensive mark, stamped his foot firmly thereonand promptly collapsed.

One of the most interesting sidelights to the race was the work of Dr. R. T. Abercrombie, physical director at the Johns Hopkins, to derive important data from the condition of the men concerning the effects of the grind upon their hearts. He had two experts with him, and the plan was to clasp an instrument on the wrist of the athlete when he finished, and get the tracing made by the beating of the pulse. Later the instruments were to be applied again at the Washington Russian and Turkish baths, where all the contestants went after their troubles were over.

It was found that the long run depressed the action of the heart to an extent which caused the pulse to fall immediately after the race to register on the instruments with which Dr. Abercromble was provided, but it was only a short time after arrival at the bathhouse that the pulse was full of business again and gave distinct tracing.

Dr. Abercromble said he would once more test as many of the men as he could find about a month from now and see whether there had been any permanent effect on the heart. Dr. W. B. Hudson, of the Washington high schools, and Dr. Standish McCleary, a prominent physician of Baltimore, who was



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